DOCUMENT RESUME

ED 306 845 HE 022 569

AUTHOR Siegal, Harvey A.
TITLE The Weekend Intervention Program.
INSTITUTION American Association of State Colleges and Universities, Washington, D.C.; Wright State Univ., Dayton, Ohio.
PUB DATE 88
NOTE 21p.; This report is one of a group gathered by the AASCU/ERIC Model Programs Inventory Project, funded by the Fund for the Improvement of Postsecondary Education to the American Association of State Colleges and Universities, in collaboration with the ERIC Clearinghouse on Higher Education. For related documents, see HE 022 565-617, HE 022 619-643 and HE 022 645-659.
PUB TYPE Reports - Descriptive (141)

EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS *Alcohol Abuse; *Counseling Services; *Drug Abuse; Drug Addiction; *Drug Education; Health Activities; Higher Education; Intervention; Medical Education; Medical Schools; Medical Students; Models; Outreach Programs; Program Descriptions; Social Problems; State Universities; Substance Abuse; Traffic Safety
IDENTIFIERS *AASCU ERIC Model Programs Inventory Project; *Wright State University OH

ABSTRACT

The Weekend Intervention Program (WIP) at the Wright State University School of Medicine is described in this report. Designed to address severe health and social problems while supporting the university's academic mission, the program began with the goal of addressing the health and social problems of alcohol abusers. WIP is a 72-hour intensive program of education and counseling for alcohol abusers which provides local courts a therapeutic alternative to incarceration for people convicted of alcohol-related offenses. Its educational strength is a "real world" experience that gives understanding and skills in helping people with substance abuse problems. Medical student participation in the WIP is required. As participant-observers, students work in the counseling groups conducted by professionals. They attend alcohol/drug education sessions and a introductory meeting of Alcoholics Anonymous. Evidence of program effectiveness includes the following: WIP was the first driver-intervention program accredited by the Ohio Department of Health; WIP now serves a 10-county area adjacent to the university; WIP personnel make presentations at major national and international traffic safety and substance abuse conferences; and WIP has been replicated nationwide. A followup study indicates there is a significant retention of learning by students. The appendices include three Wright state University School of Medicine news releases. (SM)

ED306845

THE WEEKEND INTERVENTION PROGRAM

Wright State University
School of Medicine
Dayton, Ohio 45435

Harvey A. Siegal, Ph.D.
Director, Substance Abuse Intervention Programs
Department of Medicine in Society
(513)873-3050

HE022569

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☐ This document has been reproduced as received from the person or organization originating it.
☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY
Harvey A. Siegal
Wright State Univ
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

BEST COPY AVAILABLE

AASCU/ERIC Model Programs Inventory Project

The AASCU/ERIC Model Programs Inventory is a two-year project seeking to establish and test a model system for collecting and disseminating information on model programs at AASCU-member institutions--375 of the public four-year colleges and universities in the United States.

The four objectives of the project are:

- To increase the information on model programs available to all institutions through the ERIC system
- To encourage the use of the ERIC system by AASCU institutions
- To improve AASCU's ability to know about, and share information on, activities at member institutions, and
- To test a model for collaboration with ERIC that other national organizations might adopt.

The AASCU/ERIC Model Programs Inventory Project is funded with a grant from the Fund for the Improvement of Postsecondary Education to the American Association of State Colleges and Universities, in collaboration with the ERIC Clearinghouse on Higher Education at The George Washington University.

ABSTRACT

The Weekend Intervention Program (WIP), sponsored by Wright State University School of Medicine, addresses severe health and social problems while simultaneously supporting the University's academic mission. The WIP was started in 1978 with the goal of addressing the health and social problems of people who have alcohol abuse problems. The WIP is a 72-hour intensive program of education and counseling for alcohol abusers which provides local courts a therapeutic alternative to incarceration for people convicted of alcohol-related offenses. The WIP's educational strength is a "real world" experience that gives understanding and skills in helping people with substance abuse problems.

INTRODUCTION

The Weekend Intervention Program (WIP) was originally created to help people within the community experiencing substance abuse problems. It quickly became an attractive educational program for medical and other university students considering careers in health care or social service areas. Students were initially invited to be observer-participants at the WIP but with growing student interest in the program and the increasing need to train health care professionals in effective approaches to substance abuse problems, the School of Medicine Faculty Curriculum Committee in 1982 made medical student participation in the WIP a required component of the curriculum. Shortly thereafter, following increasing university and community interest, the university's curriculum committee approved the granting of academic credit for other university student participation.

The WIP is designed to determine if an individual is suffering from an alcohol or drug problem. If a problem is identified, its extent and severity is determined and referral for treatment services is made. The WIP's professional counseling staff come from the university faculty and mental health or social agencies in the community. Since 1978, more than 18,000 people have attending the program. Extensive evaluative sudies have documented that the WIP is successful in both its service and educational missions.

BACKGROUND

The abuse of mood-altering chemicals, including alcohol, presents the nation with one of its most serious health and social problems. An examination of the ten leading causes of death including heart disease, cancer, accidents, suicide, cirrhosis of the liver and diabetes, reveals that approximately 50% of the mortality is the result of personal habits and life-style. At least half of these can be attributed to the misuse and

abuse of mood-altering chemicals which are entirely preventable. Other statistics are as revealing:

- o In almost 50% of the arrests made last year, alcohol or other drugs were involved; more than one and one-half million arrests were made for driving-while-intoxicated.
- o Billions of dollars in lost productivity each year are due to chemical abuse on the job.
- o One in ten of our nation's people will suffer from a substance abuse problem sometime in their lives.

Complementing these facts are the human concerns which cannot be measured, but are even more poignant: the emotional impact on small children forced to endure the gradual disintegration of a parent; the agony of parents losing an adolescent to drugs; the anger and frustration felt by a community as drug abuse gradually poisons its spirit and vitality.

If we are to meet the challenge offered by this complex health and social problem; our leaders, professionals and scientists, need to understand it in its entirety. We need to equip them with both a theoretical and practical appreciation of substance abuse and its impact. With it, our efforts at preventing problems and assisting those who experience them will be more productive.

Most of the task of providing information, skills, and perspective falls on universities and professional schools. The WIP exemplifies one institution's response to the challenge of preparing its students to meet this problem.

DESCRIPTION OF THE PROGRAM

The academic component of the WIP is primarily designed to help medical and other university students learn about alcohol and drug-related problems, the dynamics of substance abuse, the current treatment approaches and how to

interact with those suffering from these problems. As an education/assessment program, the WIP encourages students to learn about substance abuse by addressing real rather than theoretical problems. Through their role of participant-observer, students have the unique opportunity of working with a spectrum of people representing the entire continuum of alcohol abuse extending from social drinkers with poor judgement to chronic alcoholics. Most clients have been referred to the WIP because their drinking has brought them to the attention of the law.

As participant-observers, students participate in the numerous counseling groups conducted by professional substance abuse counselors. They attend alcohol/drug education sessions that describe the medical and psychosocial consequences of substance abuse. Students also attend a meeting that introduces clients to the fellowship of Alcoholics Anonymous (AA) and learn about the other resources the community provides to assist chemically dependent people. Since the WIP incorporates the first part of the treatment process in the brief weekend period, students are privileged to participate in a substance abuse, intervention-treatment experience in a compact manner that is not possible in the usual sporadic encounter in traditional professional training.

By participating in the WIP, students learn about chemical dependency: its clinical course, its extent and distribution within the community, and how the problems can be recognized. By observing professional counselors, students can emulate some of the skills needed for obtaining information from substance abusers. By working with substance abusers under the supervision of professionals, students can examine their attitudes and roles in encounters with those who are in trouble with their drinking or drug use.

EVIDENCE OF PROGRAM EFFECTIVENESS

After a modest beginning in 1978, the WIP has assumed a leadership role

in community substance abuse programming that has strong educational and research applications. The WIP now serves a ten-county area adjacent to the University. It has become one of the best known models of alternatives to incarceration and has been replicated in an Ohio hospital, a Missouri univeristy, a New Hampshire medical school, a Kansas court system, a Wyoming community mental health center, a provincial-wide program in Alberta, Canada, and state-wide in the state of Maine.

The WIP was the first driver-intervention program accredited by the Ohio Department of Health (ODH) certification under the 1983 Ohio Drunk Driving Law. Between 1983 and 1985, the U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA) supported an extensive evaluation of the program's impact on traffic safety. In 1985, the Ohio Department of Highway Safety awarded a contract to the WIP in support of a project for the prevention of adolescent drunk driving. The WIP has consistently met goals of addressing the needs of people related to substance abuse, reducing substance abuse recidivism and providing an instructional practicum in substance abuse management for university students and health professionals.

The WIP continues to document its ability to meet its original goals. A 1983 Ohio Department of Highway Safety supported study revealed that the alcohol-related offenders treated by the WIP were significantly less likely to have subsequent alcohol-related legal problems than a statewide matched sample receiving no intervention. The final results of the NHTSA study similarly found the WIP to be more effective in reducing recidivism rates than either jail time or suspended sentences.

The program and its benefits for medical education has been described in detail in professional publications (1,2). A research project has quantitatively measured the WIP's impact on the professional development of

medical students. The findings indicated that educational goals had been satisfied: provision of substance abuse informaton; enhancement of interviewing, history-taking and counseling skills; and the formation of attitudes that are supportive of the intervention process. A follow-up study indicated that there had been a significant retention of learning by students. Strong approval and the details of their program participation and of the above results are published (3):

1) Medical students participating in the WIP were superior to controls regarding knowledge, history-taking, counseling skills, and attitudes about alcoholism.

2) Students have indicated overwhelmingly by their approval that they are pleased with the WIP to a degree that indicates a successful eduational enterprise.

Other endorsements have provided direct evidence of the effectiveness of the WIP and include:

1) Dartmouth Medical School has sent an observer team to Wright State University to witness the WIP operation. Subsequently, Dartmouth has organized a "Weekend Intoxicated Driver Intervention Program" (WIDIP) and has undertaken the training of its professional staff. The Dartmouth WIDIP has been in operation since 1984.

2) WIP personnel have been invited to make presentations at major national and international traffic safety and substance abuse conferences since 1983.

3) There is fierce competition by WSU undergraduate and graduate students for enrollment slots per year reserved in the WIP academic course for non-medical students.

A serendipitous effect of the WIP has been to provide a mechanism for the prevention of substance abuse problems among university students.

Through their participation as observers, students are able to assess their own vulnerability.

APPENDICES

1. Siegal, H.A., Rudisill, J.R., "Teaching Medical Students About Substance Abuse in the Weekend Intervention Program." Journal of Medical Education 58: 322-327, 1983.

2. Siegal, H.A., Moore, D. "The Weekend Intervention Program, Wright State University School of Medicine." Journal of Substance Abuse Treatment, Vol. II, No. 4, 1986.

3. Siegal, H.A., Markert, R.J., Vojtech, D. "Evaluation of a Program to Teach Medical Students About Alcoholism." Journal of Medical Education, 6:67-69, Jan. 1986.

4. Siegal, Harvey A.: "The Intervention Approach to Drunk Driver Rehabilitation. Part I. Its Evolution, Operation, and Impact." The International Journal of the Addictions, 20(5), 661-673, 1985.

5. Wright State University School of Medicine News Release, July 23, 1985: "WIP Researchers Assess the Profile of Drunk Drivers."

6. Wright State University School of Medicine News Release, November 23, 1985: "Local High School Students Join Drunk Driving Prevention Study."

7. Wright State University School of Medicine News Release, December 15, 1985: "WIP Research Strives for Clearer Understanding of Drunk Driving."

8. Curriculum Vitae, Harvey A. Siegal, Ph.D.

WRIGHT STATE

Wright State University
Dayton, Ohio 45435

School of Medicine
Communications and Events
513/873-2951
CONTACT: JANE TREIBER

FOR IMMEDIATE RELEASE

July 23, 1985

WIP RESEARCHERS ASSESS THE PROFILE OF DRUNK DRIVERS

Dayton, Ohio - Are drivers convicted under Ohio's tough driving-while-intoxicated law just "unlucky" social drinkers who happened to get caught? Or is a DWI conviction undeniable proof of an alcohol problem?

Neither opinion is completely true, according to researchers at the Wright State University School of Medicine. They found that almost one-half (48%) of the DWI offenders in a current study were assessed by professionals as having moderate-to-severe alcoholism problems.

Only about one-fourth (24.2%) of the DWI offenders were assessed as having no alcoholism problem. These drivers fit the commonly-held view of the social drinker, and are not likely to repeat the DWI offense.

The remaining portion (27.8%) of the DWI offenders were mainly young drivers who did not have an assessed drinking problem, but their lifestyles place them in risk of repeating the DWI offense.

-more-

ADD ONE

The Wright State researchers analyzed the case histories of more than 1,500 DWI offenders who were clients of the School of Medicine's Weekend Intervention Program (WIP), an educational and therapeutic alcohol intervention program that is used by many local judges as an alternative to the 72-hour jail term required by state law for drunk drivers.

According to WIP director Harvey Siegal, Ph.D., many of the DWI offenders with moderate-to-severe problems are dependent on alcohol or other drugs. Regardless of the consequences, they are unable or unwilling to change their consumption patterns.

"For them, drinking has already adversely affected their lives, even before their DWI convictions," Dr. Siegal says. "They will need some kind of assistance to modify their destructive drinking patterns."

Another result of the WIP research is a profile of the typical DWI offender -- who is likely to be a young, single male employed as a blue-collar worker. More than three-fourths (82%) of the WIP subjects were male. More than half (55%) were under the age of 30, and about one-third (30.4%) were under the age of 24. About two-thirds (66.9%) of the subjects were unmarried, and 41% were employed as either skilled or unskilled blue-collar workers.

-more-

According to Dr. Siegal, this type of profile can be used in the future to design primary prevention campaigns that are targeted for this group of drunk drivers.

The research results represent the first half of a two-year study funded by the National Highway Traffic Safety Administration (NHTSA). The main goal of the study is to determine what kind of judicial sentencing for convicted drunk drivers is most effective in preventing repeated DWI offenses.

In the second half of the study, now underway, the WIP researchers are monitoring the driving records of 4800 subjects from throughout southwestern Ohio, using records provided by the Ohio Bureau of Motor Vehicles.

The subjects include the WIP clients in the first half of the study, as well as DWI offenders who received jail sentences, suspended sentences, fines, or other sanctions.

Special note is being made of any alcohol-related citations or accidents in the subjects' driving records, and later this year WIP researchers will compare the effectiveness of the different judicial sentences.

The WIP was developed by Dr. Siegal in 1978 in response to earlier studies which indicated that existing drunk driver programs were not effective in preventing repeat offenses.

-more-

ADD THREE

Since then, more than 10,000 clients have passed through WIP, and other driver intervention programs around the country have been started following the Wright State model.

One of WIP's goals, according to Dr. Siegal, is to identify and distinguish the problem drinker from the social drinker. Clients are assessed by WIP's professional staff, and the program's lectures and counseling sessions are designed to help break down the alcoholic's denial of his drinking problem.

After a weekend in WIP, clients with assessed drinking problems are referred to appropriate alcohol or drug treatment programs. Dr. Siegal notes that an increasing number of judges now include WIP referrals for additional treatment in their sentences for convicted drunk drivers.

In a project funded by the Ohio Department of Health, the Wright State researchers will determine the factors that motivate WIP clients to follow-through with referrals to additional treatment programs.

-30-

APPENDIX 6

WRIGHT STATE

School of Medicine
Communications and Events
513/873-2951

CONTACT: MARK WILLIS

FOR IMMEDIATE RELEASE
November 21, 1985

LOCAL HIGH SCHOOL STUDENTS JOIN DRUNK DRIVING PREVENTION STUDY

DAYTON, OHIO -- Forty-eight student leaders and two faculty advisors from Northmont High School and Springboro Local High School will begin training this weekend that will help them work toward preventing the leading cause of death among adolescents and young adults - drunk driving.

The high school students will participate in a pilot study called Teen Leader, a drunk driving prevention project developed by Wright State University School of Medicine's Weekend Intervention Program (WIP). The eighteen-month-long pilot study is funded by a $68,000 grant from the Ohio Department of Highway Safety.

The purpose of the Teen Leader project is to test the effectiveness of peer-motivated techniques for preventing drunk driving among young people, according to Harvey Siegal, Ph.D., the project's principal investigator. Dr. Siegal is a professor of medicine in society at the Wright State School of Medicine, and director of the Weekend Intervention Program.

"Peer pressure is an extremely powerful factor in teen-age drinking patterns," Dr. Siegal explains. "Peer pressure influences adolescents much more than it does adults, and most adolescent drinking happens in a

-more

peer group setting. If it is successful, the Teen Leader project will teach high school students peer techniques that can prevent drunk driving, instead of encouraging it."

During two weekend-long leadership training workshops, the Northmont and Springboro high school students will learn social and psychological skills that can help them intervene to keep a friend from drinking and driving. The students will also learn how to form strong, self-perpetuating groups that are committed to fostering highway safety within each high school community.

In addition, the workshop's trained professional staff will teach the students how to organize and carry out prevention projects, how to get support from school and community officials, how to handle rejection of prevention efforts by peers, and what to do when "nothing works."

"We set the group size at twenty-four students and one teacher from each school so that there will be plenty of group support for individual members, who may be seen as supporting a 'square' cause," notes Teen Leader project coordinator Sheri Wilkins. "The success of a prevention project like Teen Leader also depends on the support it gets from the community where it is used."

Students from two additional Ohio high schools will begin Teen Leader training next January. The Teen Leader groups from all four high schools will participate in "reinforcement" workshops later in the school year to refine their prevention skills.

-more-

ADD TWO

The effectiveness of the Teen Leader project will be evaluated with surveys and interviews of Teen Leader participants during the first year of the study. At the beginning of the study's second year, Teen Leader activities will be correlated with juvenile court and accident records from each school district. The results will then be compared with similar records from nearby school districts that did not participate in the Teen Leader project.

If the Teen Leader project proves to be effective, according to Dr. Siegal, it can serve as a model for teen-age drunk driving prevention projects in other communities.

-30-

NOTE TO EDITORS: The Teen Leader training workshops will be held at the Bergamo Conference Center, 4435 East Patterson Road, Dayton. The first workshop begins on Saturday, November 23, and the second workshop begins on Saturday, December 7. Interviews with the Teen Leader staff and participants can be scheduled by contacting Mark Willis at 513/873-2951.

WRIGHT STATE

Wright State University
Dayton, Ohio 45435

School of Medicine
Communications and Events
513 873-2951

CONTACT: MARK WILLIS

NEWS RELEASE
For Release on December 15, 1985

WIP RESEARCH STRIVES FOR
CLEARER UNDERSTANDING OF DRUNK DRIVING

Harvey Siegal, Ph.D., has one of the most unique laboratories at the Wright State University School of Medicine. His laboratory is the Weekend Intervention Program (WIP), the alcohol intervention program for drunk drivers that is conducted three weekends a month at the School of Medicine.

In addition to providing the community with a viable alternative to the mandatory three-day jail sentence required for drivers convicted under Ohio's driving-under-the-influence law, Dr. Siegal explains that the WIP is also a "laboratory of conditions" for studying the roles of alcoholism and chemical dependency in the problem of drunk driving.

"Some studies have estimated that more than forty percent of all medical cases requiring hospitalization in the United States involve the use of alcohol," Dr. Siegal says. "Alcohol-related traffic accidents are a big part of this percentage. That's why the National Highway Traffic Safety Administration has proclaimed the week of December 15-21 as National Drunk and Drugged Driving Awareness Week. Awareness efforts throughout the country are aimed at convincing people of the devastating consequences of driving under the influence."

-more-

ADD ONE

A medical sociologist and a certified alcoholism counselor, Dr. Siegal has spent most of his professional career studying and counseling alcoholics. His doctoral studies at Yale University were based on firsthand experiences while living among derelict alcoholics in New York and other cities. He join the Wright State School of Medicine faculty in 1975, and now serves as professor and vice chair of the Department of Medicine in Society. He turned his attention to the problem of drunk driving in 1978, when he developed the Weekend Intervention Program as a way of diagnosing the problem drinkers among the larger population of drivers convicted of driving under the influence. Since then, almost 11,000 clients, most of them court-referred, have passed through the WIP, and a number of other alcohol intervention efforts have been modeled after the pioneering program.

"The intervention concept uses the DUI arrest and conviction as an opportunity to examine an individual's drinking patterns," Dr. Siegal explains. "If there is a drinking problem, WIP counselors assess its extent and severity, and make recommendations about what the person can do about it. For the problem drinker, a weekend a the WIP interrupts the deeply-entrenched drinking habits that have developed over time. The program's counseling and educational sessions are designed to help break down the alcoholic's denial of his drinking problem."

As a research laboratory, the School of Medicine Weekend Intervention Program provides a unique opportunity for studying the problem of drunk driving, according to Dr. Siegal. Starting and maintaining a sociological study on this

-more-

scale would be very difficult outside of the context of a program such as the WIP, he says. As a "laboratory of conditions," the program enables Dr. Siegal and his colleagues to test the effectiveness of new therapeutic and educational techniques for drunk drivers. Information about the drinking and driving habits of the program's 11,000 clients makes the WIP database one of the largest of its kind. Dr. Siegal believes that WIP's growing database will contribute to a clearer understanding of the drunk driving problems in the future.

"This research is looking at the kind of problems that have an immediate impact on the community and its people," Dr. Siegal says. "It reflects the community-based educational mission of the Wright State School of Medicine, and it's a good example of the evolving role of universities such as Wright State. The traditional boundary between the community and the 'ivory tower' is breaking down, and in the future I think there will be more university-based programs like WIP that provide a direct service to the community.

"The clients who go through the Weekend Intervention Program are contributing to the education of the next generation of professionals who will treat alcohol-related problems," Dr. Siegal adds. "Our medical students have the opportunity to learn about alcoholism from people, not textbooks."

-30-